

Roasted Red Pepper Hummus

1 - 16 ounce can garbanzo beans
2 tablespoons Tahini (sesame seed oil)
1 tablespoon lemon juice
2-3 cloves garlic, crushed
1/2 cup roasted red pepper, bottled
1 1/2 teaspoons ground cumin
1 teaspoon ground coriander
1/4-1/2 teaspoon cayenne pepper
1/2 teaspoon kosher salt

Drain and rinse garbanzo beans, reserving liquid.

In small bowl, combine cumin, coriander, cayenne, and salt and mix thoroughly.

Put garbanzo beans in the bowl of food processor with chopping blade or blender and sprinkle the spice mixture over the top evenly. Add the tahini, lemon juice, garlic and roasted red peppers, and blend until well mixed. Slowly add reserved liquid from the garbanzo beans to the hummus while it is being processed, until it reaches the desired consistency. Makes 12 servings.

Serve with toasted pita bread or fresh vegetable.

Nutrition information per serving: 157 calories, 8 grams protein, 3.5 grams fat, 25 grams carbohydrate.